

Master Gardener Volunteer Projects Make a Difference Around the Valley



While preparing the Master Gardener Seminar, an impressive list was compiled highlighting the projects that have been completed in Flathead County over the past 3 years. In 2011 alone, master gardeners donated over 4,000 miles and over 900 hours of their personal time to beautification, educational and restoration projects.

Planting and Beautification Projects

Woodland Park, Kalispell
Lawrence Park, Kalispell
Pine Grove Park, Kalispell
Lone Pine, Kalispell
Welcome to Whitefish sign, Whitefish
Welcome to Bigfork sign, Bigfork
Discovery Square, Columbia Falls
Museum at Central School, Kalispell
Flathead Valley Community College, Kalispell
Whitefish Train Depot, Whitefish
Begg Park, Kalispell
Bibler Gardens, Kalispell
Flathead High School, Kalispell
Hedges School, Kalispell
Mountain View Manor, Whitefish
Glacier National Park

Weed Mapping and Identification

Polebridge Community
Kootenai National forest
Glacier National Park

Establish and Maintain Community Gardens

Whitefish
Evergreen/Ferndale
Kalispell
Flathead Valley Community College
Columbia Falls
Lakeside – planning phase

School Gardens

West Glacier School
Cayuse Prairie School
Bigfork – planning phase
Kalispell Middle School – planning phase

During the month of April, Master Gardeners answered questions for the public at the Extension Office, at the Columbia Falls Farmer's Market and during several Gardening Short Courses. Insect, disease and cultural gardening challenges were identified and recommendations were made. Not only by answering phones in the Extension Office, Master Gardeners also volunteered during 4-H Shooting Sports sign-up and prepared 4-H enrollment packets.

The Master Gardener program was started in 1972 in Washington State by an Agricultural Extension Agent that created a means of addressing the increasing county desire for horticultural education. He designed a train the trainer system. This program is a volunteer organization designed to help expand the reach of the Extension Agent. Over 300 Flathead Valley community members have attended the master gardener courses. Two level one classes are currently underway and are offered every January through March.

New opportunities for Master Gardeners include a booth at the Northwest Montana Fair, demonstration gardens for the public, a Junior Master Gardener program and horticulture therapy projects at senior living centers. If you would like to volunteer or have ideas for community service projects, please call the Extension Office at 758-5553.



Lisa McKeon at the West Glacier School Garden.



CAMP CLEAN-UP DAY & POTLUCK AT DARRELL FENNER 4-H CAMP

Mark your calendars for Saturday, May 19th for this year's 4-H Family Camp Clean-Up. Plan to bring a pot luck item and meet at 10:00 am; the camp will provide beverages and burgers for lunch. Bring shovels, rakes, wheel barrows, shop vacs and any other useful tool for the job. We should be finished by around 4:00 pm. BE SURE TO CALL the Extension Office and let us know how many in your group to plan for lunch. 758-5553



4-H Camp Counselor Planning Meetings:

Friday, April 27; Friday, May 4; Thursday, May 24; Friday, June 8; Friday, June 29; and Friday, July 20th at 5:30 pm at the EBB on the 2nd floor.

Camp Counselor applications are due to Extension office on April 27th. Counselors are required to attend 5 out of the 6 meetings.



MARK YOUR CALENDARS!!

All day on Wednesday, March 14th, The Zone will be dedicating 25% of all their proceeds to the Flathead County 4-H Foundation. On that same night from 5:00- 8:00 pm they will offer unlimited Lazer Tag for \$15 and they'll even throw in a soda and a slice of pizza. Please invite all your friends and family to come have fun and support 4-H.

FLATHEAD COUNTY CONGRESS

Saturday, April 21st from 8:30am - 1:30pm

(all participants **MUST** arrive by 8:30 am to register.
Judging starts at 9:00 am)

First Presbyterian Church
540 South Main Street In Kalispell.

Potluck lunch & Award ceremony will begin at noon. Please bring a potluck item to share.

****ALL JUNIOR & SENIOR 4-H'ers WHO SUBMIT A CRAFT, PHOTOGRAPHY OR ART WORK MUST ALSO GIVE a SPEECH, TALK OR DEMONSTRATION.**

Cloverbuds do not have to give a talk, but they can choose to give one if they'd like. This will be a non-judged opportunity to present.

All Senior 4-H Members who give a talk, demonstration or speech and who receive a blue ribbon at County Congress will be eligible to attend the State 4-H Congress competitions in July.

REGISTRATIONS MUST BE SUBMITTED BY
5:00 PM, FRIDAY MARCH 30TH AT THE
EXTENSION OFFICE

See Talks & Demonstration guidelines for more information.
<http://flathead.mt.gov/extension> and go to downloads

MONTANA
is turning **100**
Let's Celebrate!



Interstate Exchange Spaghetti Dinner and Dessert Auction Held on March 9th!



Homemade Desserts

Join us for our Interstate Exchange program fundraiser on Friday, March 9th at the Christian Center, located at 255 Summit Ridge Drive in Kalispell. We will begin serving a fabulous spaghetti dinner at 5:00 pm. We'll also have

entertainment and delicious homemade desserts to be auctioned off all night long. Cost to attend is only \$6 per person or \$20 per family. Advanced tickets are available through the Extension Office or you can pay at the door. All funds raised will go toward expenses of the Interstate Exchange program. This year 4-H kids from Saginaw County, Michigan will be coming here and next year our group will go there. Your donations will help to make memories that will last a LIFETIME!



**Flathead Pennsylvania Exchange Group
2010-2012 4-H Years**

Spotlighting Flathead County Clubs

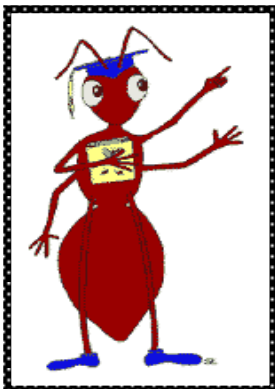
Flathead 4-H Shooting Sports Hunting Club

This new club will be working with the kids on hunting disciplines that include:

- Animal biology and wildlife management, track and skull identification.
- Survival and cold weather training.
- Use of calls for hunting.
- Ethics and hunting.
- Ballistics and reloading.
- Rifle, pistol, archery, shotgun and muzzleloader products updates.
- Trapping and fur handling
- GPS, compass and map work.
- Antler scoring and what it's about.
- Use of optics and selections.
- Meat care and processing.
- Hunting techniques utilizing stands or blinds.
- Waterfowl hunting, big game hunting, upland game birds.
- Predator hunting.



Contact Jon Obst at 253-1036 for more information.



Flathead County now has an Entomology Program!

The Flathead County 4-H Entomology Program will meet once a month beginning **Saturday, March 10th** in the 4-H building on the **fairgrounds from 1:00-3:00**

Please contact Entomology leaders Richard Hardesty (212-0491) and Louis Nimeroff (257-0286) for more information, or call the Extension office.

HOPE TO SEE YOU THERE!!





Upcoming 4-H Meetings and Special Events

Forums, Committees & Councils

- **Ag/Large Livestock Committee Meeting:** *Thursday, March 1st at 5:30 pm at the 4-H Building on the Fairgrounds.* Contact- Marian McAllister at 837-0119.
- **Foundation Forum:** *Thursday, March 1st at 6:30 pm at the 4-H Building on the Fairgrounds.* Contact- Wendy Morris at 862-0801.
- **Small Livestock Committee Meeting:** *Tuesday, March 13th at 6:30 pm at the EBB 3rd Floor Conference room.* Contact-Lori Franke at 755-6262.
- **Horse Committee Meeting:** *Tuesday, March 20th at 5:45 pm at the EBB 2nd Floor Conference Room.* Contact- Marleen Probert at 257-5735.
- **Teen Council:** *Friday, March 23rd at 6:00 pm at the Agape House.* Agape House is located at 40 Appleway Drive, Kalispell, MT. Contact-Samantha Lake, our 4-H Senior Ambassador, at 253-7771.
- **4-H Camp Counselor Planning Meetings:** *Friday, April 27; Friday, May 4; Thursday, May 24; Friday, June 8; Friday, June 29; and Friday, July 20th at 5:30 pm at the EBB on the 2nd floor.* Camp Counselor applications are due to Extension office on April 27. Counselors are required to attend 5 out of the 6 meetings.

Upcoming Activities

4-H Leader Training: *March 2nd from 4:30-7:00 pm*

State Shooting Sports &
Archery Competitions
Bozeman: March 2-4.
GOOD LUCK FLATHEAD
COUNTY SHOOTERS!!



Exchange Program Spaghetti Dinner and Dessert
Auction Fundraiser: *Friday, March 9th, starting at 5:00 pm at the Christian Center.*

State Rec Lab: *March 16-18; Lewiston, MT.—*
Participants must be ready to leave the Extension office by 9:00 am on Friday.

Interstate Exchange Planning Meeting: *Tuesday, March 20th at 7:00 pm in the EBB 2nd Floor Conference Room.* Please contact Wendy Morris at 862-0801 for more details.

COUNTY CONGRESS: *Saturday, April 21st from 9-1:00 at the 1st Presbyterian Church on Main Street.* Applications are due to the Extension office by March 30th. Contact Tammy at the Extension Office for more information: 758-5552

County Weigh-Ins: *Beef—April 10; Hogs— April 24; Times TBA.*



We now have Shirt and Pant patterns for the Sewing curriculum in the office. The cost for each pattern is \$2.75

Other Meetings

- ◇ **Robotics:** *Saturday, March 3rd, 10th, 17th & 24th at 10:30 at the 4-H Building on the Fairgrounds.* The class is currently full and wait listed names are being accepted for future sessions.
- ◇ **Muzzleloading:** *Sunday, March 11th, from 1:00-4:00 pm at Lapp's Shooting Range.* The shooting range is located on Columbia Falls Stage Road. For directions and for more information, please contact Shooting Sports Leader, Randy Burns at 755-1262. Equipment is provided.
- ◇ **Hunting Shooting Sports:** *Thursday, March 15th, at 6:30pm at Fish, Wildlife & Parks office.* Please contact Jon Obst for more info: 257-0395
- ◇ **Horse Clinic #3:** *Saturday, March 24th at 9:00 am at the Mooring Road Arena.* Please **do not** bring your horse to this event. For more info please call Codi Sorensen: 250-6865.

EBB is the Earl Bennett Building, located at 1035 1st Avenue West, Kalispell. Also commonly known as the City County Health Department.

Special Edition Flathead County 4-H Heritage Families

DOES YOUR FAMILY BLEED GREEN?

The other day I ran into a family friend in the store who asked if I was still involved with 4-H. I replied of course! She wondered if our family bleeds green with as long as we've been involved in the program. This lead me to thinking that not only have I been involved with 4-H here in Flathead County, so were my parents, aunt, uncle, and grandparents on the Hanson side of the family. I can't remember a time that I wasn't around something to do with 4-H, from a small child sitting through meetings, to a member doing the same, to being leader.

My grandpa, Jim Hanson, along with Forest Farris, were some of the leaders for the Stillwater Beavers 4-H club in the Stillwater Community N.W. of Kalispell. At that time there were separate clubs for boys and girls. My Aunt Shirlee told me that she and two other girls had joined so they could take livestock projects. Her first project was a dairy calf that was given to her by a neighbor, Jack Keller. She remembers going around to different farms in the Creston area where the members were told what they needed to look for as far as breeding traits in the animals and would then have a judging competition. They used the N.W. Community Center for several of their activities.



Sparks Sparklets Camp Fire Water Boiling Contest Winners

Shirlee was also a member of the Sparks Sparklets 4-H Club which was the girls club in that same community and my grandma, Frona Hanson, was a leader in that club. One of the skills Shirlee remembers learning that she still uses today is to get yourself organized before starting a recipe. She also learned to bake a Chocolate fudge upside down cake that she still makes and gets rave reviews about.



Members of Stillwater Beavers, approximately 1950

My dad, Art Hanson and my uncle Jimmie were members of the Stillwater Beavers 4-H Club and took projects such as gardening and market hog. My dad was also a livestock leader for the Stillwater Beavers 4-H Club until it dissolved in the fall of 1971. He helped start B & F Livestock at that time, and continued as a leader for a couple more years. He remembers the Stillwater Beaver's doing skits for the county achievement night program; one of his favorites was The Grand Ole 4-H modeled after the Grand Ole Opry.

My mom, Dorothy was also a leader for the Stillwater Beavers and B & F Livestock. She usually ended up being the cooking leader. Before I was old enough to be in 4-H I remember sitting in the kitchen of our tiny little house while she had cooking meetings for the girls in the club, going to 4-H dances at the N.W. Community Center, Trick-or-Treating for UNICEF, selling light bulbs for a fundraiser and watching

Special Edition Flathead County 4-H Heritage Families

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skirts that members performed. I couldn't wait to join and get to do all those same things. I thought I was quite something when I got to ride around with the older members and participate in the fundraisers. During my 1st year of 4-H the Stillwater Beavers club was dissolved. Three new clubs formed, one of them was B & F Livestock, which I was a charter member of, and which is the only club, of the three, still in existence at this time. Eventually B & F had only a few member left, so it folded. My sisters and I then joined Pilot View Livestock in the Bissell Community. My senior year of high school the club became larger than the leaders wanted, so a line was drawn at Lore Lake and those of us that lived south of it restarted B & F and it has continued since. The father who took on the responsibility of being the organizational leader that 1st year back gave it up after a year. Since I was then attending classes at FVCC the members begged me to take over so they could keep the club going...the rest of that is history as I've now been a leader for 30+ years.

When I got married to Greg, he wasn't so sure about all this 4-H "stuff" as he hadn't been raised around it, but, I continued as a leader and as we had children I dragged them along to functions. From that point on Greg was hooked on the 4-H program and the values it teaches, and as soon as time allowed he took the shooting sports leader training and has been helping in that project ever since.



Evenson Family

Our four children, Chance, Josie, Jayme and Tia have all been members of B & F Livestock and Flathead 4-H Shooting Sports Clubs. All of them have raised market hogs and taken various different projects. They have all won numerous awards through the years.

So, yes, we probably do bleed green.



Aunt Shirlee, age 10. This was her first skirt, which was red with white polka dots.

We'd like to thank Sandy Evenson for submitting this article regarding her family's 4-H heritage. If your family has three or more generations that have been involved in 4-H, nationally, within Montana, or within Flathead Country, please contact us. We'd love to hear your story. For more information on the Montana 4-H Centennial or about Flathead County's 4-H program please call us at 758-5553 or email us at extension@flathead.mt.gov



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State Web Sites:
www.msuextension.org
www.montana4h.org

SNAP Recipe of the Month



Mexican Frittata

Yield: 4 servings

2½ small zucchini (about ½ pound)
½ medium green bell pepper, seeded and chopped to make about ½ cup
1 medium onion, chopped to make about 1 cup
2 cloves garlic, minced, or 2 teaspoons bottled minced garlic
1 hot pepper, chopped (optional)
1 teaspoon vegetable oil
6 large eggs, beaten
½ cup shredded mozzarella cheese
¼ cup shredded or grated Parmesan cheese
¼ teaspoon black pepper

Wash zucchini; trim and discard the ends. Cut each zucchini into 4 strips, then cut into ¼-inch pieces. In a bowl, combine the zucchini, bell pepper, onion, garlic, and hot pepper, if desired.

Heat the oil in a skillet over medium heat. Add vegetables and cook, stirring frequently, until the zucchini is crisp-tender, about 4 minutes.

While the vegetables cook, stir the eggs, mozzarella, and Parmesan together in a bowl.

Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5 to 7 minutes, until the egg on top is solid.

To serve, loosen edges of frittata with a spatula. Cut it into 4 wedges. Serve immediately.

PER SERVING: CALORIES 210 • FAT 13 G • PROTEIN 16 G • CARBOHYDRATE 8 G • FIBER 2 G

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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